

**DOROTHY LANE MARKET**

# **LOBSTERMANIA**

**Saturday, May 29**

## **COOKED LOBSTER REHEATING INSTRUCTIONS**

Wrap lobsters individually in foil. Place in a 350°F oven on a cooking sheet, belly up, and heat until warm. Or, place the foil-wrapped lobsters on the grill to warm.

## **LIVE LOBSTER COOKING INSTRUCTIONS**

### **Lobster Boiling Tips**

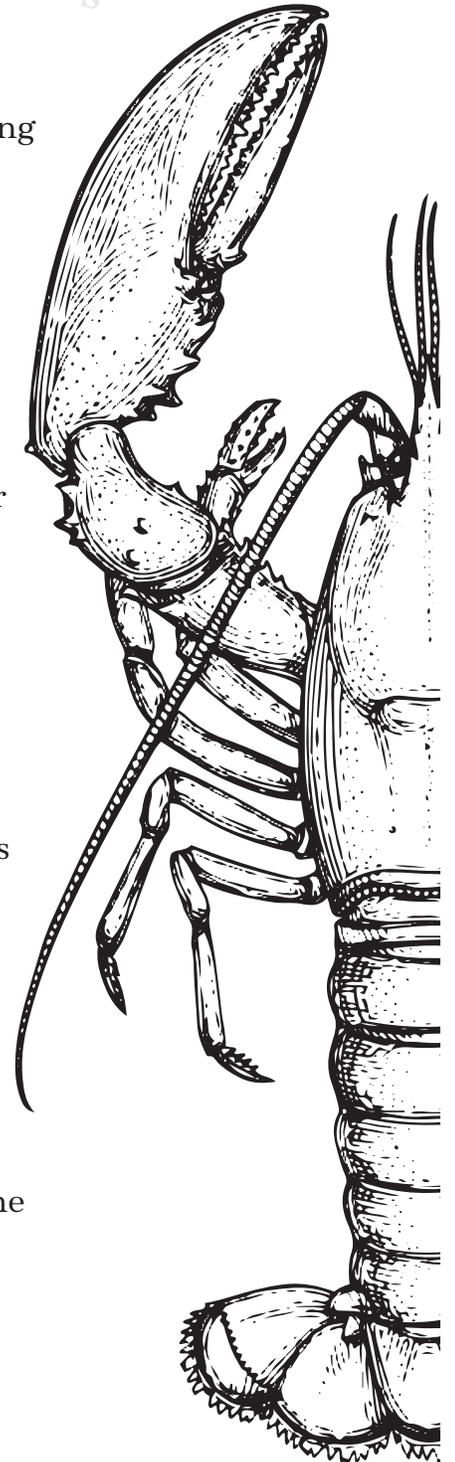
Boiling a lobster is easy and probably the best way for cooking 4 or more at one time. Get a big pot and fill with fresh water about 2/3 full. Add 1 to 2 Tbsp of salt per gallon of water. Bring to a boil and add lobsters. Start the timer when the water comes back to a boil. You can figure 6-7 minutes for a 1.25-lb lobster, 7-9 minutes for 1.5-lb lobster, and 10-12 minutes for a 2-lb lobster.

### **Lobster Steaming Tips**

Steaming lobster works great and tends to yield a more tender, less messy cooked lobster than boiling. Fill a large, deep pot with 2-3 inches of water. Bring to a boil, add the lobsters, cover, and steam, about 8 minutes per lb.

### **How do you tell when it's cooked?**

Remember, sometimes the lobster may be undercooked even if the shell is entirely red. Double check that the meat is a creamy white color with no translucent areas. Give a good tug on one of the antennae. If it pops off, the lobster is done. You can also insert an instant read thermometer into the underside of the tail. It should read 135-140°F.



**DorothyLane.com**

## ***Dear Dorothy Lane Market,***

Hello from Maine! All of us here at Ready Seafood are sad to miss coming down for Lobstermania again for the second consecutive year! Over the years, Lobstermania has become an annual Memorial Day tradition for us, from catching the lobster here in Maine to traveling all the way to Dayton, Ohio, for the festivities. In fact, for Michelle and I, it's one of our biggest highlights of the year to fly out to Dayton to see all of you and share our enthusiasm for the freshest, most delicious, most sustainable lobster in the entire world!

While we won't be able to be there in person this year, the great news is that the lobsters still made the trip (plus, keep your eyes out for the cardboard cutouts of us, too)! Dorothy Lane Market is such a special place and Lobstermania is such a unique event. From all of us here at Ready Seafood to our extended family at DLM, have an amazing Lobstermania!

***From Maine with lots of lobster love,  
Captain Curt & Michelle***

